

# Recommended Resource List: Anger Management

## To request a title from the State Library:

- *State government employees* should follow the call number link to the [KDLA Catalog](#) and click on the "Make a Request" tab on the right. Complete the form with your name, library card number, and delivery choice. Then click on "Submit Form." Requests can also be made by calling the State Library's Circulation Desk at (502) 564-8300, ext. 337 or (800) 928-7000, ext. 337. Materials can be delivered by messenger mail in Frankfort or by UPS to field/district offices (return postage included).
- *Public Library staff* should use the OCLC Interlibrary Loan system for audiobook and book requests and the [Public Library Visual Materials/Kit Request](#) form for videos and DVDs.
- *Members of the general public* should contact their local public library for interlibrary loan service.

## Books

Baker, James A. **The Anger Busting Workbook: Simple, Powerful Techniques for Managing Anger and Saving Relationships.** Houston, TX: Bayou Pub., 2005. Call number: [152.47081 Bake](#)

Borris-Dunchunstang, Eileen. **Finding Forgiveness: a 7-step Program for Letting Go of Anger and Bitterness.** New York: McGraw-Hill, 2007. Call number: [158.2 Borr](#)

Diamond, Jed. **The Irritable Male Syndrome: Understanding and Managing the 4 Key Causes of Depression and Aggression.** Emmaus, PA: Rodale, 2005. Call number: [616.85270081 Diam](#)

## Videos/DVDs

**Overcoming Anger: Healing from Within.** 27 min. Video. Aquarius Health Care Videos, 2000. Call number: [VC 152.47 Over](#)

**Rage to Revenge: the Science of Violence.** 53 min. Video. Films for the Humanities & Sciences, 2001. Call number: [VC 152.47 Rage](#)

**When Tempers Flare: a Guide to Understanding and Managing Anger.** 30 min. DVD. Paraclete Press, 2004. Call number: [VC DV 152.47 When](#)

## Websites

**<http://www.apa.org/pubinfo/anger.html>**

**Controlling Anger – Before It Controls You** has information provided by the American Psychological Association. Covered topics include what is anger, anger management, relaxation strategies, and guidelines for counseling. Last accessed on September 23, 2007.